

WATAUGA COMPASSIONATE COMMUNITY  
INITIATIVE

# FEBRUARY NEWSLETTER

PREVENTING TRAUMA.  
BUILDING RESILIENCY.

*"Community Is the Solution"*

For more information, visit  
[www.wataugacci.org](http://www.wataugacci.org)

# WCCI 2020-2021

## Upcoming Meetings

### Meeting Dates for 2020-2021 year:

Until further notice, WCCI meetings are by Zoom beginning at 8:30 am on the second Thursday of each month. Meeting dates are below. The Zoom link and password are as follows:

<https://zoom.us/j/92959886225pwd=TkJaUGFMTUY2aG13K2ZOMmdmNjIFUT09>

Meeting ID: 929 5988 6225

Passcode: 262131

WCCI meeting will be held from 8:30-10:30 am.

March 11

April 15 (April 8 is WCS spring break)

May 13



*Our community is always in dire need of foster care. To be a foster parent or to learn more, contact Jessica Winebarger at the Department of Social Services (265-8100). To be a mentor or to learn more, contact Angela McMann or Charlene Grasinger at Western Youth Network (264-5174)*

## Social Media! FOLLOW US!

WCCI - Watauga  
Compassionate  
Community  
Initiative

Watauga County  
North Carolina  
Aces Connection

@wcci\_2020



# WCCI WEDNESDAYS

## Upcoming Schedule

WCCI will be hosting monthly conversations by Zoom about trauma and resiliency. These conversations will be with people impacted by ACEs, as well as agency staff and providers. They will be held every Wednesday on Zoom until further notice. They will begin at 12:00 noon.

Zoom Link: <https://zoom.us/j/93894662207?pwd=Wjc3eU9SL3JMOXJpQSs5UkxYaUd3UT09>

Meeting ID: 938 9466 2207

Passcode: 440689

Date	Who is Joining	Topic
Feb. 3	Denise Presnell & Lindsey Sullivan	Faces of ACES: Thriving Lives series: "Thoughts from Two People with ACEs"
Feb. 10	Jordan Edmisten	Faces of ACES, Thriving Lives series: "What's Love Got to Do with It?"
Feb. 17	Boone PD, Sheriffs Department, ASU Police and an SRO	Local Law Enforcement panel
Feb. 24	Micheal Hayes	Faces of ACES, Thriving Lives series: "Trauma, Incarceration, ACES Awareness and Now Changing the World"
March 3	Ashley Wurth	Faces of ACES, Thriving Lives series: "Because of, Not in Spite of"

# MEMBER SPOTLIGHT

## Graham Aitken

Graham has a background in higher education and humanitarian aid but currently serves as one of the pastors at theHeart church in Boone. He earned both a BA in Business Management and a Masters degree in Intercultural Studies from Trinity International University in Chicago.

While working in higher education, Graham developed a Global Service Learning program for undergraduate students. As part of this program, he created and implemented debrief models for those exposed to the realities of severe trauma in the US and around the world while engaging in field work. Graham was also involved in trauma work

internationally, primarily in the Democratic Republic of Congo and Myanmar, overseeing projects that served migrant and refugee

populations. He has also served in a psychological first aid role in disaster contexts. Graham has been a part of WCCI for the past three years and is passionate about the faith community engaging in this important work. He is a part of the WCCI Leadership Team and serves on the Awareness Committee.





# COMMUNITY SPOTLIGHTS

## Stepping Stone of Boone

Partnering Sponsor for the WCCI Conference 2021

Stepping Stone is a fully licensed, CARF-accredited outpatient, medically assisted addiction treatment program. Our goal is to help individuals overcome the disease of addiction to opiates and to achieve sustained health and wellness.

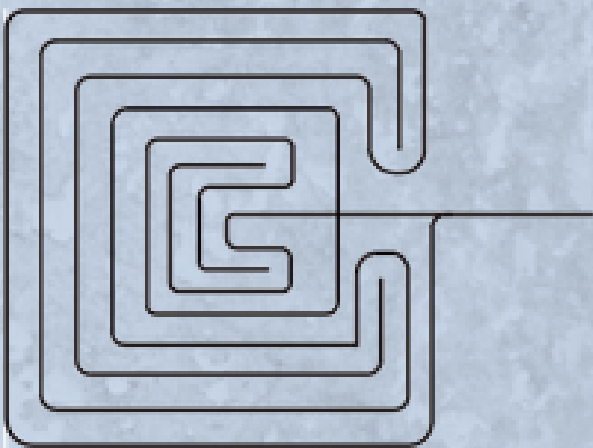


## Out of Your Mind



"Out of Your Mind combats social isolation through creative peer support & reframes mental illness as a mental opportunity. Through local, social events and mental engagement, Out of Your Mind fosters a creative space for participants to feel and grow in emotional intelligence. With the support of the community, Out of Your Mind inspires self-care, self-confidence, self-love, communication & resilience.

OYM introduces a creative approach to mental health. OYM provides a space to grow in passion for life and just be ourselves-- whoever that may be."



<https://outofyourmind.us/>

# RESILIENCY SKILL

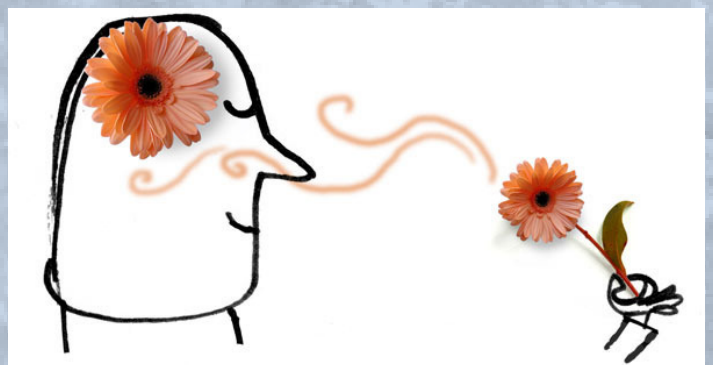
## Orienting to the 5 Senses

Of all the senses, the sense of smell may be the most powerful. The olfactory system, the sensory system used for smelling, is the most direct path to the limbic system (the olfactory bulb is actually part of the limbic system), which is where emotional messages get translated into the thinking part of your brain. The limbic system is also where the “fight or flight” stress response disables those brain connections.

One way to build resilience in our brains and bodies is to be proactive and intentional about using the sense of smell to manage emotions and memories. Just like our personalities, every body is different, and how we respond to sense is different, so it's important to find the smells and scents that affect your body in the ways that you intend.

The sense of smell can also help us be more intentional about breathing. Taking a deep breath to inhale all those scent molecules into your limbic system also brings fresh oxygen into your body and creates a brief moment of mindfulness that you can incorporate very easily into your daily life! You can wear diffuser jewelry (a necklace or bracelet that absorbs essential oils or perfumes), so you have preferred scents with you all the time.

Set a goal for today: seek out a scent that you know brings up a positive response in your body that calls up happy feelings and memories for you. Spend a minute taking that deep breath, sending the scent into your limbic system and the oxygen into your lungs in your bloodstream, and give your body and your mind a boost.



# BOOK OF THE MONTH

The Body Keeps the Score

#1 NEW YORK TIMES BESTSELLER

## THE BODY KEEPS THE SCORE

BRAIN, MIND, AND BODY  
IN THE HEALING OF TRAUMA



BESSEL VAN DER KOLK, M.D.

"A MASTERPIECE THAT COMBINES THE BOUNDLESS CURIOSITY  
OF THE SCIENTIST, THE ERUDITION OF THE SCHOLAR, AND THE PASSION  
OF THE TRUTH TELLER." —JUDITH HERMAN, M.D.